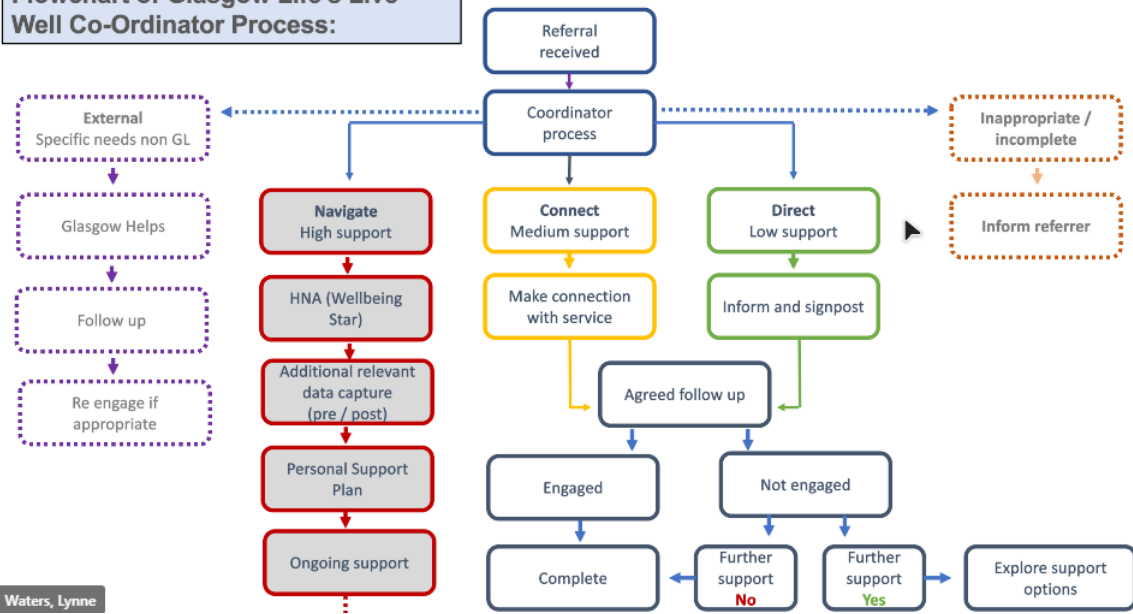


## Meetings Feedback form for Borders Community Action Representatives

<b>Name and purpose of meeting: Wellbeing Programme Board</b>	
<b>Date of meeting:</b> 01/08/24	<b>Attended by:</b>  •
<b>Relevant agenda items:</b>	
<ol style="list-style-type: none"> <li>1. Welcome: Chris Myers</li> <li>2. Review Action Tracker: Chris Myers (5 mins)</li> <li>3. Update on Wellbeing Activity Review &amp; Asset-Based Community Development: Jane Robertson and Lynne Waters (15 mins)</li> <li>4. Wellbeing Programme – Proposed Outcomes and Priorities: Sohail Bhatti (15 mins)</li> <li>5. Communication and Engagement Plan: Chris Myers</li> <li>6. Feedback from Borders Community Action on the Grant Funding Application Process: Juliana Amaral (10 mins) – not covered</li> <li>7. Grant Funding Application Process Improvements: Chris Myers and Jenni Craig (10 mins) – not covered</li> <li>8. Communities Mental Health and Wellbeing Fund Update: Juliana Amaral (10 mins)</li> <li>9. Any Other Business</li> </ol>	
<b>Comments:</b>	
<ul style="list-style-type: none"> <li>• Update On Wellbeing Activity &amp; Asset-Based Community Development – mapping has now been conclude giving the wider picture of community support provisions across the Scottish Borders. Information provided about the Glasgow Life social prescribing approach. Funding from NHS and local authority has allowed the pilot to develop and expand across Glasgow. This approach uses the leisure provision as a pathway to healthy life:</li> </ul>	

## Flowchart of Glasgow Life's Live Well Co-Ordinator Process:



Waters, Lynne

Views on the Local Area Coordination service looking at the connection between all pathways such as wellbeing service, social work, What Matters Hub etc. Discussion around the development of a workshop between services to allow seamless route for people as part of a social prescribing approach.

Lynne presented the work done for the social prescribing in the Borders so far:

<p><b>Available Mapping Information:</b></p> <ul style="list-style-type: none"> <li>Gathered information can be found here: <a href="#">Wellbeing Mapping Information</a>.</li> <li>Themed, collated information can be found here: <a href="#">Collated Mapping Information</a>.</li> <li>A Local Information System for Scotland (ALISS) shows wellbeing services and activities in the Scottish Borders: <a href="#">ALISS Services in the Scottish Borders</a>.</li> <li>NHS Borders Creating Hope is an information hub for mental health &amp; wellbeing, and suicide prevention: <a href="#">Creating Hope</a>.</li> <li>NHS Inform provides details on a range of NHS services people can access: <a href="#">NHS Inform Information</a>.</li> </ul>	<p><b>Strategic Landscape:</b></p> <ul style="list-style-type: none"> <li><b>Community Planning Partnership (CPP) Theme 3 Sub-Group</b> – is still in its early stages.</li> <li><b>Glasgow Life</b> – Has successfully implemented their social prescribing, Live Well Pathway.</li> <li><b>Integrated Joint Board (IJB)</b> – communities identified a preventative approach as a top priority for the IJB's Health and Social Care Strategic Framework 2023-26.</li> <li><b>Placemaking Programme</b> – there are definite links the Wellbeing Programme can tie in to.</li> <li><b>SBC's Operating Model</b> – includes a workstream to align services with the needs and priorities of our Customers &amp; Communities.</li> <li><b>Scottish Borders Strategic Advocacy Plan</b> – sets out how the SB H&amp;SCP, in conjunction with partner agencies, will fulfil statutory requirements in the provision of independent advocacy.</li> </ul>
<p><b>Funding Opportunities:</b></p> <ul style="list-style-type: none"> <li>Children and Young People's Community Mental Health and Wellbeing Support</li> <li>Community Enhancement Trust</li> <li>Community Led Local Development Fund (CLLD)</li> <li>Communities Mental Health and Wellbeing Fund for Adults</li> <li>Community Welfare Trust</li> <li>Neighbourhood Support Fund</li> <li>UK Shared Prosperity Fund</li> <li><i>Grant funding application process improvements are to be discussed later in the agenda.</i></li> </ul> <p>Waters, Lynne</p>	<p><b>Proposed Recommendations for the Wellbeing Programme Board:</b></p> <ol style="list-style-type: none"> <li>Agree that the current mapping exercise can be concluded.</li> <li>Agree the outcomes and priorities of the Wellbeing Review (<i>will be discussed later in the agenda</i>).</li> <li>Discuss and agree the next steps, including future sustainability and if a model similar to Glasgow Life's Live Well Pathway can be implemented here.</li> </ol> <p>The above will then inform what, if any, other information is still required.</p>

Sohail Bhatti, Director of Public Health presented to highlight the importance of peer support and community connections as a way to keep people well and managing their health. Particular emphasis on small community groups and clubs driven by people's interests. Sohail proposed a microgrant approach to support these initiatives across communities – using the analogy of '1000 flowers to bloom' a common expression in community development and linked to community development asset based approach.

Priorities:

- Loneliness

- Physical activity promotion
- Social Issues of Living
- Self-care
- Social Prescribing (wellness & wellbeing support services)

The proposal to tackle loneliness is to:

- Build on common interests and hobbies
- Create cohorts of like-minded individuals: aggregated in voluntary groups with constitutions, officers and agreed purpose – link with BCA
- Support these “clubs” with micro-grants to support events (£100 max)
- Feed in health promoting activities and messages, that improve self-care and build community capacity to lead action on wellbeing; link with professionals (eg Kelso experience)

Juliana raised the issue around microgrants only and the funding principle charter requires grant diversity to reflect the wider third sector provision in the Borders. There was wider discussion around the intention to create something new versus fostering what is already available in communities. Everyone agreed with the principles of and the issues social prescribing should attempt to tackle but it is still not clear how this is going to look like in the Borders.

Due to limited time, other items in the agenda could not be discussed.

Juliana offered an overview of the Communities Mental health and wellbeing fund being launched today 01/08 - <https://borderstsi.org.uk/bca-funding/>

- **AOB**

Claire raised that LAC proposal being presented to IJB in September.

#### **Actions from this meeting:**

- Juliana to bring fair funding presentation to following meeting in September.

#### **Distribution list for information:**

- Borders Community Action membership

**Signed: Juliana Amaral**